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DEMOCRATIC CONVENTION

Heavy hitters take the stage

metroNEWS

ISTOCK

Report states Nenshi wasn't dishonest

RIDESHARING

Mayor gives wide apology for Uber comments

Brodie Thomas
Metro | Calgary

The integrity commissioner has concluded that Mayor Naheed Nenshi was "indulging in some extravagant hyperbole" when he made comments that were secretly recorded and broadcast in a Boston ridesharing vehicle last April.

Allen Sulatycky's report was made public Monday after it was presented to council behind closed doors.

The report analyzed statements Nenshi made which suggested the city had used registered sex offenders and people who had been convicted of violent crimes to test Uber's background checks.

Sulatycky later confirmed there was no truth to the statements — which is something Nenshi admitted to almost immediately.

"The mayor has said that his Boston statements resulted from a conflating of facts and a poor choice of words. I find that to be a barely plausible explanation," wrote Sulatycky.

While noting the statement was false, Sulatycky said he wouldn't describe it as dishonest either, because he was not misleading to gain an advantage.

Sulatycky's report suggested the mayor apologize again on a wider scale for the statements he made.

Nenshi did just that after the report was made public.

"Here's the bottom line: I made a mistake and I've learned an important lesson," said Nenshi to council. "Whether or not I thought the conversation was private, I shouldn't have said what I did."

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Ottawa man wounded in altercation with police has died. **Canada**

Baby steps on the road to being family-friendly

PARENTAL LEAVE

Legislature on way to lending more support to MLA parents

Jeremy Simes
For Metro | Calgary

Service Alberta Minister Stephanie McLean hopes the legislature will become a more family-friendly place later this fall when a committee proposes changes to better support moms and dads working for the government.

As associate Health Minister Brandy Payne welcomed baby Cassidy to her family on Saturday, a government sub-committee has been working behind the scenes making recommendations that intend to make life a little easier for legislature parents.

The reason behind the review is largely due to current legislature rules that state MLAs who miss more than 10 days of sittings will have $100 docked from their pay per absence. The exceptions to that rule include illness, public duties or bereavement.

MLAs also don't pay into employment insurance, meaning they can't take paid parental leave.

McLean said she has attended legislature sittings a few times with baby Patrick in tow so that she isn't penalized.

Service Alberta Minister Stephanie McLean has sported baby Patrick so she doesn't break legislature rules. THE CANADIAN PRESS

She said she hopes any new changes will recognize the role that parents play, particularly women during their child-bearing years.

"For us in Alberta, a lot of it was figuring it out as we went," she said, "and I think it'll be good to have some formal recognition of certain allowances that have been made. It's an opportunity to be at the forefront of change and set the standard for the rest of the country."

During the last November, NDP MLA Estefania Cortes-Vargas proposed a non-binding motion requesting the government consider including child-care spaces in new provincial buildings.

NDP MLA Robyn Luff has been leading the sub-committee to recommend rule changes, which could see things like nurturing and diaper-changing spaces.

Even Infrastructure and Transportation Minister Brian Mason has been scouring the Alberta Legislature for a possible day-care space as one doesn't exist currently, McLean said.

> It's an opportunity to be at the forefront of change.
> Stephanie McLean

She said a space would be helpful for both elected officials and government employees, adding a clerk will be going on maternity leave shortly.

"Something that has hours that reflect some of the late nights and something a little closer would be good," she said. "I am certainly there with Minister Payne, my sister minister, to make sure she's got what she needs and any possible wisdom to raise a baby in the legislature."

POVERTY

Sliding scale for transit

Helen Pike
Metro | Calgary

What can some low-income Calgarians do with $5.15? They can ride Calgary Transit for a month knowing they'll get from A to B without having to pinch pennies.

On Monday, councillors voted to reach deep into city coffers and expand the lower-income pass offering by adopting a "banded" system. This will change the current $44 pass to one that's priced dependent on income, according to the low income cut-off (LICO) scale.

This will deepen the current discount for pass holders up to 95 per cent based on their income for 2017. The item was carried unanimously, and followed by a raucous applause.

"We're helping people who live below the poverty line," said Coun. Brian Pincott. "This will help the most vulnerable in our community have the opportunity to access services, to access education, jobs; Public Transit was a barrier to all of those things."

Mayor Naheed Nenshi said out of all the decisions council has made, this was the most important one.

"The next step is what we do with working people who are making just above the poverty line," said Nenshi. "Our next step is to ease that transition."

The move came fully-funded thanks to the provincial government's low-income transit grant of $4.5 million annually for three years.

Boost as 50 new officers get ready to hit the streets

POLICING

Council votes in favour of expansion after spike in crime

Helen Pike
Metro | Calgary

Fifty additional police officers will be trained for Calgary streets, after city council approved the expenditure Monday.

Last week, Calgary police Chief Roger Chaffin addressed a Statistics Canada release that showed a 29 per cent spike in Calgary's Crime Severity Index, and noted tough economic times and an ongoing fentanyl crisis as two of the biggest factors.

Meanwhile, police had already asked city hall to fund 50 extra uniformed personnel and capital expenditures.

On Monday, councillors voted unanimously in favour of approving a budgetary increase of $7.5 million in 2017 for the positions. An extra $10.5 million was added to their capital budget. This is a net-zero add that has been facilitated through extra fine revenue — which was achieved in combination by writing more tickets at a higher cost thanks to the provincial government.

Chief Roger Chaffin told councillors his "cop-to-pop" ratio in 2011 and 2012 was considerably better than it is today. But he noted hiring back to those ratios would take years of hiring without a notable purpose.

New officers will be trained and deployed as needed in Calgary next year. METRO FILE

"The investments in technology, investments in ideas of how to do your work more efficiently, is more what we're trying to accomplish now, as opposed to adding bodies for the sake of adding bodies," Chaffin said.

Nonetheless CPS said their capacity is being pushed right now. Chaffin said it's not just a question of getting to more service calls — there are challenges with providing schools with resource officers, domestic violence and some specific pressure areas.

> **As we reorganize the service, we look to find different, unique ways to do our business so we can help meet the need.**
> Chief Roger Chaffin

Although crime has gone up, Chaffin noted recently they've seen violent crime trending down.

"Why the urgency?" asked Mayor Naheed Nenshi, noting there would be a review of the budget in fall.

Chaffin said it can take police up to a year to train officers and ready them for service. And currently the force has a pool of qualified applicants to pull from, so he's not concerned about finding talent.

"As we reorganize the service, we look to find different, unique ways to do our business, so we can help meet the need based on the capacity we have."

Mayor Naheed Nenshi later told reporters Calgary is lucky to have chiefs who are very thoughtful in their budgeting processes.

"They're not asking for too much, they're being really thoughtful," said Nenshi. "They've been reallocating positions to the front line, and they're now at the point that they have a little more revenue."

COMMUNITY

Can't we all just get along

Internet videos and stealthy black cars aside, when it comes to community, Calgary's police chief says getting along is paramount.

Coun. Gian Carlo-Carra brought up strained police-community relations in the broader context of America's highly publicized recent events involving officer violence.

"We're reaching a low ebb point in terms of police services and forces to the populations they serve," said Carra. "I think we're fairly immune to that here, but media being what it is, we've had a couple incidents that have raised questions."

One point of online contention for some time have been the black police cars, which for two years have slowly been added to the CPS fleet.

"They've gone from being these sort of big white not threatening boats to these para-military looking tripped out black things," said Carra. "They look a lot cooler."

Carra said he's curious to know how Calgary Police Service is committed on keeping citizen relations.

"It remains our strong underpinning of the service to keep advancing the work that's been done over the last number of years," said Chief Roger Chaffin. "As I've told our membership several times over, it's the thing that keeps us safe is our relationship with the community."

As for black police cars, Chaffin said they had to switch things up to stand out.

"These cars represent several thousand dollars of efficiency," he added. "But I do listen to community concerns…it seems aggressive, and it looks aggressive, and I'm paying attention to it." HELEN PIKE/METRO

SOCIAL MEDIA

'Hot lesbians' ad gets the cold shoulder

Matt Kieltyka
Metro | Vancouver

An online ad claiming to support "equality" by portraying "hot" lesbians backfired for an Alberta oilsands advocacy group Monday.

"In Canada lesbians are considered hot. In Saudi Arabia if you're a lesbian you die!" reads the ad posted by the Canada Oil Sands Community Facebook group, next to a photo of two women kissing.

"Why are we getting our oil from countries that don't think lesbians are hot?!"

The image concludes with the phrase "Choose Equality! Choose Canadian oil!"

It was posted with the hashtag #lesbiansarehot.

The post had been shared more than 1,000 times on Facebook by Monday afternoon and garnered dozens of incensed comments, with people lambasting the ad as repulsive and misogynistic.

Comments on the group's Facebook page in response to the ad were almost entirely negative.

"I am a person, not a piece of pornography to be applied to whatever marketing BS you've come up with," one woman wrote.

Dr. Kris Wells, faculty director with the University of Alberta's Institute for Sexual Minority Studies and Services, said the advertisement should have been taken down, calling it offensive, sexist and inappropriate.

"First of all it objectifies women. Secondly, it uses lesbian women as some kind of male heterosexual fetish or fantasy," Wells said in an interview with Metro.

"It completely delegitimizes the entire point that organization is trying to make about standing up for human rights abuses in countries that Canada does trading with."

The oilsands advocacy group is listed as being based in Fort McMurray and is led by Robbie Picard.

Picard has spoken publicly about being gay and has appeared on Rebel Media and been featured in Alberta Oil magazine as an ambassador for the industry.

Picard had not returned Metro's request for comment by press time.

Canada Oil Sands Community is under fire for this Facebook post that was apparently in the support of 'equality.' FACEBOOK

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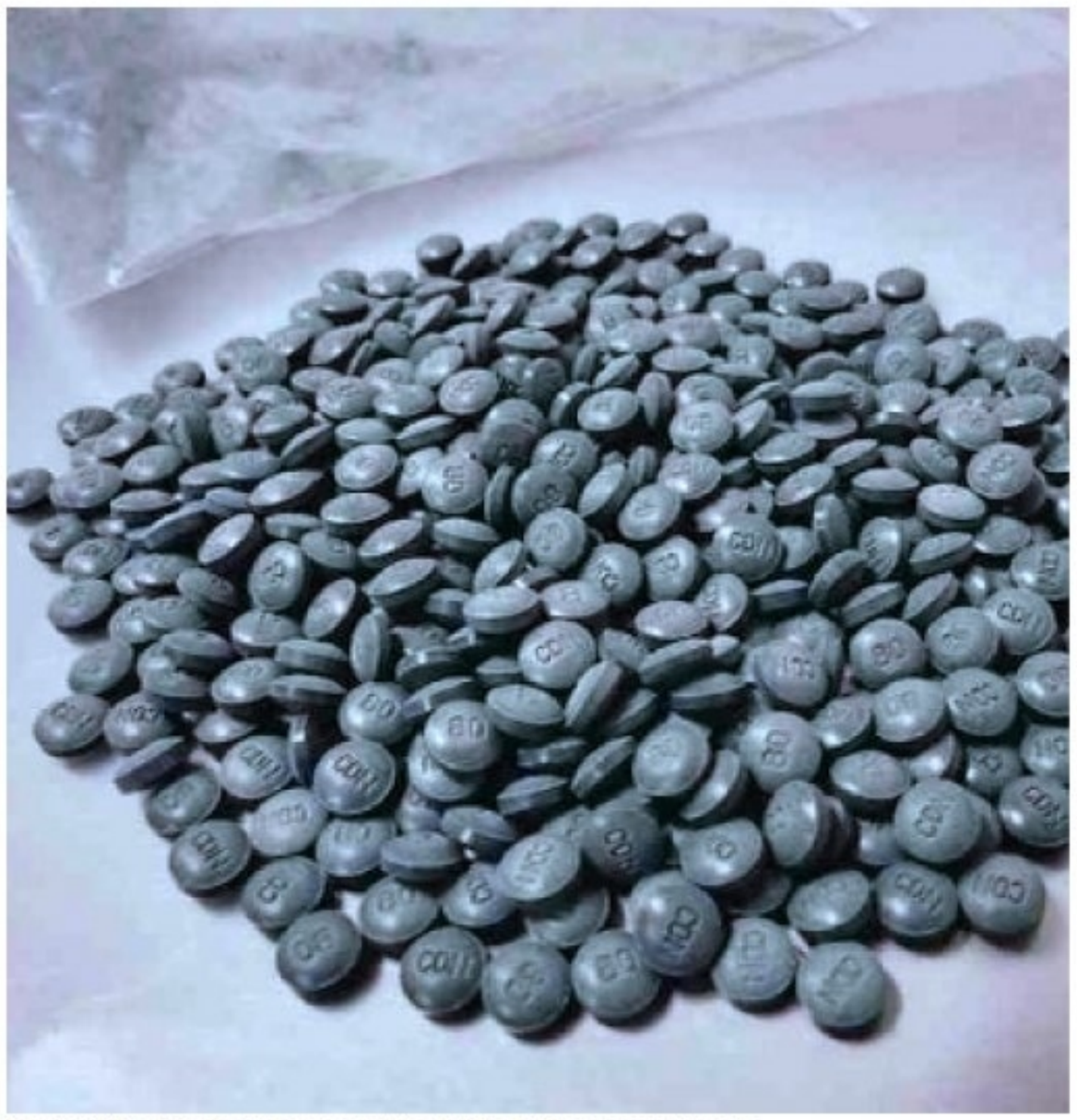

Fentanyl is said to have been combined with W-18. THE CANADIAN PRESS

W-18 not opioid, study confirms

DRUGS

Researcher says media hype scared a lot of people

Jeremy Simes
For Metro | Calgary

A Calgary researcher is pleased with a new study that debunks the myth that W-18 is what Health Canada calls an extremely powerful "synthetic opioid" that's "100 times stronger than fentanyl."

On Sunday, research out of the University of North Carolina, Chapel Hill found that W-18 didn't trigger all opioid receptors, meaning it isn't an opioid.

For Stephanie Borgland, an associate professor of pharmacology at the University of Calgary, the findings are welcome among the misinformation that's been spread through the media.

"There is a lot of hype around W-18 and it scared a lot of people," she said. "It turned out (past claims) were not true. It was based on a real lack of information ... so I'm happy to see the correct information out."

Police and health officials have also said W-18 is 100 times stronger than fentanyl. And earlier this year, Calgary police said they linked one death to W-18 and an opioid that's stronger than fentanyl, though the province's chief toxicologist couldn't confirm which drug caused the death.

The study also found that W-18 also had no "allosteric" activity when combined with an "endogenous" opioid, meaning W-18 is not going to change how morphine or heroin will affect someone, Borgland said.

However, the study found the drug could give you an arrhythmia, which is when your heart beats in a strange way.

"That's one of the potential toxicities of this drug," she said. "In my opinion, from this study, it's still not really clear what the toxicity is due to, so we don't know if people taking W-18 with fentanyl are dying because they're having a fentanyl overdose or if it's due to some other complication with the drug.

"But whatever that complication is, it's not related to opioid effects."

The Office of the Medical Examiner said earlier this year that it's continuing to develop a test to identify small amounts of W-18, despite the fact it cannot be traced.

W-18 was developed in a University of Alberta laboratory and has been shipped to Alberta from illicit Chinese labs, which have been using the W-18 blueprint created by researches.

The study hasn't been peer reviewed.

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COUNCIL

City defeats secondary suite reform again

Brodie Thomas
Metro | Calgary

Calgary city council spent even more time Monday spinning its wheels on the topic of secondary suites.

A plan to reform the secondary suite application process was shot down in an 8-7 vote by Calgary city council Monday.

Even though the reform — put forward by Coun. Shane Keating — seemed like a slam dunk with eight supporters, it failed after Coun. Brian Pincott withdrew his support.

After the vote, Keating said council seems unwilling to compromise, despite the efforts he put forward to bring people together.

"Everybody thinks it should be their way. It's my way or the highway across the board and that's what has to stop," he said.

While councillors from all ends of the political spectrum were behind the plan, likewise it had detractors from all sides, too.

Coun. Andre Chabot, who had just seen his own pitch for a plebiscite on secondary suites voted down, questioned the finer details of the plan: When and how could licences for suites be revoked? Would they apply to the home or the homeowner if the house were to sell? How many officers would be needed to crack down on illegal suites?

Other councillors, such as Druh Farrell, suggested it would just add more red tape, by forcing people who want to bring their suites up to code to pay fees.

After the vote was complete, Coun. Jim Stevenson brought forward a motion asking council to reinstate the fees applicants must pay when applying for a legal secondary suite. That motion also failed by an 8-7 vote.

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Behzad Ahmad fell into the Yoho River on Friday evening during a family picnic. Parks Canada continues to search for the boy. FACEBOOK

Hope dims for boy who fell in river

YOHO RIVER

Parks Canada says search operations challenging

Jeremy Simes
For Metro | Calgary

Parks Canada's Dwight Bourdin said it's unlikely rescuers will find missing Calgary boy Behzad Ahmad alive after he fell into the Yoho River on Friday evening.

On Monday, Bourdin said there have been no clues or signs to indicate they've found Ahmad.

"We haven't seen any articles of clothing, or anything like that," he said. "The dog didn't pick up his scent on the shoreline."

On Friday around 7:40 p.m., two boys fell into the Yoho River while visiting Yoho National Park near Takkakaw Falls during a family picnic.

Bourdin said Ahmad's family is aware that it's likely he isn't alive.

"We think this is more of a recovery operation," he said. "But there's always hope. We're going to do every thing we can to locate him."

On Sunday, a woman who identified herself as Ahmad's mother said she feels extremely heartbroken.

"I feel so sad," she said over the phone.

Bourdin said Parks Canada has scaled back the search, though rescuers will continue to regularly monitor the area in the coming weeks as water levels change.

The river passageway is tight with lots of rock shells, debris and boulders, Bourdin said, adding water levels are also high.

"It's been challenging with the high water levels with the river and with the terrain," he said. "We're going to be focusing on aerial searching because that's our best technique to locate the boy."

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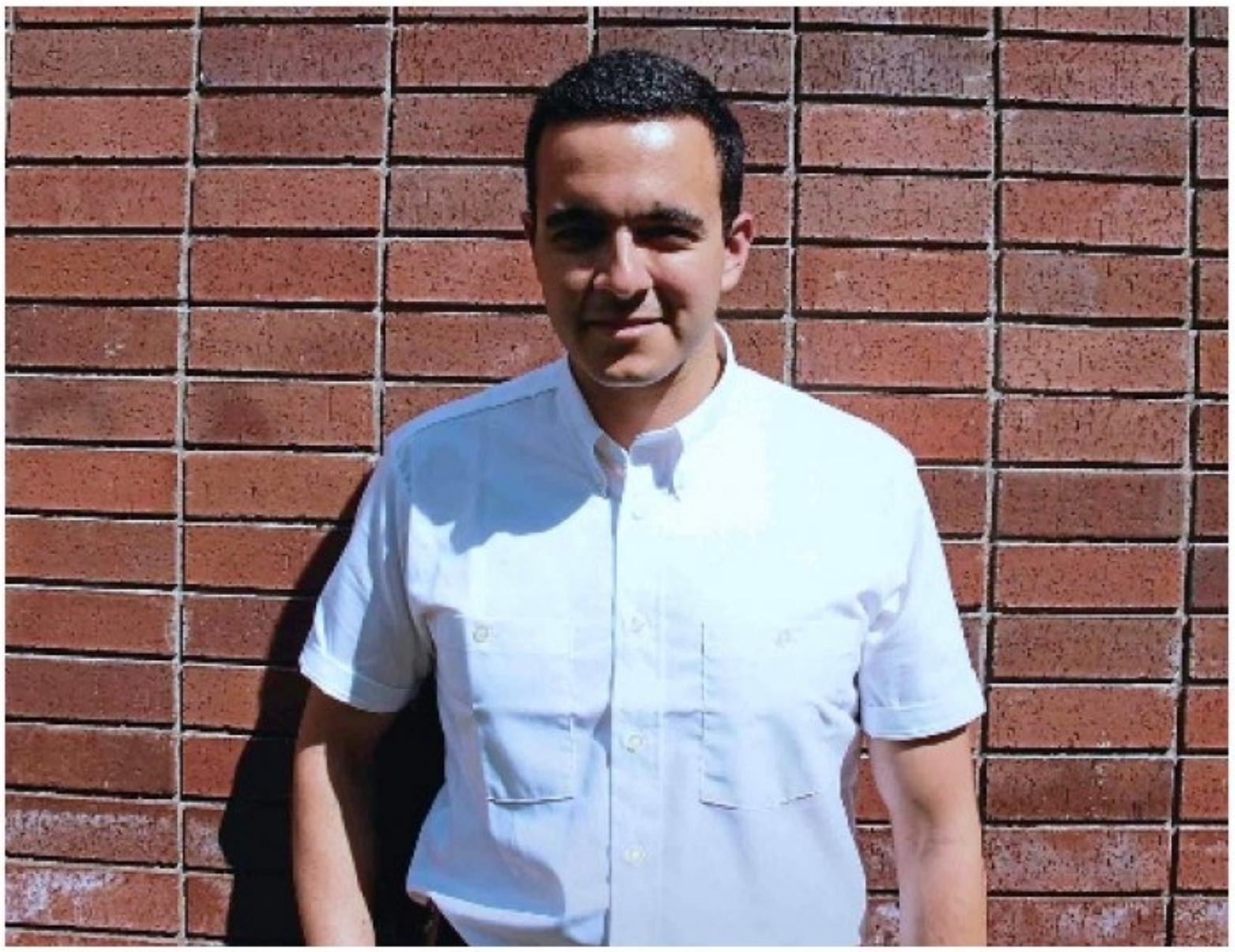
Teens turn to e-cigarettes for the 'cool factor': Study

HEALTH

Alberta doctor calls for new vaping regulations

Kevin Maimann
Metro | Edmonton



Dr. Michael Khoury, a doctor at Stollery Children's Hospital, is calling for tighter regulations on e-cigarettes. TIM QUERENGESSER/METRO

An Edmonton doctor is calling for a ban on e-cigarette sales to minors after a study he co-authored showed Canadian teens are drawn to the devices because they see them as "cool" and "fun."

The study followed 2,367 students aged 14-15 in the Niagara region of Ontario and found almost 11 per cent had tried e-cigarettes at least once — a number that surprised Edmonton-based Dr. Michael Khoury.

"Regulations are definitely needed to prevent use by children and to significantly reduce and prevent marketing to children," said Khoury, a pediatric cardiology resident at the Stollery Children's Hospital.

Alberta has no regulations on e-cigarettes — which come with various flavoured liquids, some of them containing nicotine, and are marketed as tools to help smokers quit cigarettes — though the province banned menthol cigarettes last September.

Edmonton has bylaws restricting where people can vape but not who can purchase the devices.

Many kids in Khoury's study first heard about e-cigarettes through advertisements in store windows, which he finds concerning.

"These companies are definitely appealing themselves towards the youth with flavours like cotton candy and cola," he said.

"At the same time, I'm sure adults that use e-cigarettes to smoke less enjoy the various flavours."

> **Regulations are definitely needed to prevent use by children.** Dr. Michael Khoury

E-cigarette use has eclipsed traditional cigarettes among youth, and Khoury worries vaping could "re-normalize" the smoking experience.

Some U.S. studies have shown kids who take up vaping are more likely to turn to cigarettes later.

Khoury said the federal government should step up with regulations, including prohibiting sales to minors.

A report tabled in the House of Commons last month put forward 13 recommendations for further research and restrictions on vaping devices.

ENERGY MARKET

Consumers left 'on the hook': NDP

The Alberta government is going to court to challenge a regulation it says will saddle consumers with billions of dollars in losses from coal-fired power agreements.

The NDP says last-minute changes to a regulation passed secretly by the Progressive Conservatives in 2000 allows power companies to hand back agreements to buy electricity from coal-fired plants if actions by the government make them more unprofitable.

Deputy premier Sarah Hoffman said the government estimates these purchasing arrangements could cost consumers up to $2 billion by 2020.

"Today our government is taking legal action to protect everyday Albertans from having to pay for the business losses of Alberta's biggest and most profitable power companies," Hoffman said Monday. "We think this is not only unfair to Albertans, it is also unlawful."

Hoffman said U.S.-based Enron lobbied the Alberta Tories for the change as part of the government's plan to deregulate the province's electricity market. Enron declared bankruptcy in 2001 following an accounting fraud scandal.

Hoffman said the Tory government at the time told Albertans that the risks of a deregulated electricity system would be shared by power companies.

She said the "Enron clause" did the opposite — it set up a system where consumers bear all the risk.

"Our government believes that regular Albertans should not be on the hook for secret backroom deals between companies and the previous PC government."

The government contends the Tories had no legal right to create such a legal loophole and is seeking a court order declaring the regulation to be void.

THE CANADIAN PRESS

Davud Hanci CONTRIBUTED

COUP ATTEMPT

Turkish ambassador summoned after Canadian arrested

Turkey's ambassador in Ottawa was summoned to a meeting with Canadian officials on Monday, after the Turkish government arrested a Calgary man in connection with this month's failed coup.

Turkish media say Davud Hanci has been accused of helping orchestrate the July 15 coup attempt, during which more than 200 people were killed. They allege Hanci is a close associate of Fethullah Gulen, the U.S.-based cleric that the Turkish government accuses of masterminding the coup.

Gulen, a former ally turned critic of Turkish President Recep Tayyip Erdogan, has denied any involvement in the coup. The Turkish government has detained thousands of people it alleges are Gulen supporters.

Citing privacy laws, Global Affairs Canada would only say that consular officials in Ankara are in contact with their Turkish counterparts and stand ready to provide assistance.

However, a source familiar with the meeting said senior officials asked Turkish Ambassador Selcuk Unal to explain why Hanci was arrested, and raised concerns about his detention. They also relayed Canada's broader worries about the Turkish government's response to the failed coup.

> **Had it succeeded, there would now be a military administration.** Selcuk Unal

In addition to arresting and firing thousands of soldiers, teachers and other public servants for allegedly supporting Gulen, the Turkish government has imposed a three-month state of emergency and considered reinstating the death penalty in the country.

In an interview before the meeting at Global Affairs Canada, Unal said he did not know the specifics of Hanci's arrest and that it would be inappropriate to comment on a legal case.

However, the ambassador defended his government's response to the coup, including the state of emergency, saying a strong response was needed to bring security and stability to the country. He also said calls to reinstate the death penalty are a "reflection" of public anger over the deaths caused by the coup.

"We think we should have more support and solidarity (from the international community) in the sense that nobody should forget that there was a coup attempt," he said. "Had it succeeded, there would now be a military administration. Nobody is talking about that. And would that be democratic or not?"

THE CANADIAN PRESS

HIGHWAY 1A

Man dies in motorcycle crash

A Calgary man died after his motorbike collided with another vehicle on Sunday on Highway 1A near Kananaskis.

Canmore RCMP were called to a crash on Highway 1A near the Yamnuska Day Use area on Sunday at about 2:30 p.m., according to an RCMP news release.

The motorbike, travelling westbound, crossed the centre line and crashed into a passenger vehicle, RCMP said. The victim was a 57-year-old man from Calgary. He died at the scene.

The driver and passenger in the vehicle were taken to hospital by EMS as a precaution, but weren't injured.

The RCMP said it continues to investigate the crash, adding alcohol doesn't appear to be a factor at this time.

Police aren't releasing the victim's identity.

METRO

JOB SAFETY

Company fined $140,000 after worker loses hand

A Calgary company has been ordered to pay a fine and surcharge totalling $140,000 after a worker lost a hand in an accident at a Saskatchewan job site. Crop Production Services Canada Inc. pleaded guilty in Saskatoon provincial court last week to failing to provide enough safety measures in an area with moving machinery.

Court was told that a worker lost his left hand in April 2014 when it became entangled in a conveyor near Elstow.

One other charge against the company was stayed. THE CANADIAN PRESS

Cooling blanket raises babies' survival hopes

HEALTH

Portable device helps prevent brain damage

Newborns deprived of oxygen at birth will soon have improved chances of surviving without brain injuries thanks to a portable transportation cooling device in southern Alberta.

Foothills Medical Centre in Calgary is one of the first care facilities in Canada to purchase the device, which is believed to be more reliable in keeping temperatures cool when babies are moved.

Katie Kaminski and Curtis de Vries credit the cooling blanket for the condition of their daughter Tegan, who is now very active at 13 months, after doctors discovered the baby was in trouble when she was born.

"They did an emergency C-section and the doctors realized she wasn't breathing, she'd lost a lot of her blood. So they initiated the cooling process and we're really glad they did," Kaminski said.

"She stayed cooled for 72 hours and then they warmed her back up. She's just been really healthy. We're very thankful for everything everyone did for us."

The usual treatment has been to simply turn off heat sources or use cold gel packs to lower infants' temperatures in an attempt to prevent brain damage.

But those methods have their drawbacks.

"With those methods, it can be difficult to maintain a stable temperature," says neonatologist Dr. Khorshid Mohammad, who spearheaded the purchase of the device.

"The period immediately following birth is critical. We have about a six-hour window to lower these babies' temperatures to prevent neurological damage. The sooner we can do so, and the more consistent we can make the temperature, the more protective it is and the better their chances of surviving without injury."

The insulated blanket with a cool liquid inside has been installed on a portable incubator cart that can be sent out with a care team anywhere in southern Alberta — either by ground or air.

"The technology is very simple. Our problem before was that the available machines are heavy. We could not mount it on the transportation incubator," Mohammad said.

"This one is the only one that is light enough to mount it on the incubator so we are pretty excited about this."

Dr. Mohammad says about 60 per cent of high-risk cases, who are suffering from asphyxia, are outside the major care centres.

"If the place is far away from our tertiary centre, sometimes it's too late to catch them. They are outside of the window already," he said.

The machines cost between $35,000 and $40,000. Mohammad said there are two or three hospitals in eastern Canada considering purchasing a machine, but he hopes eventually all hospitals will have this technology.

THE CANADIAN PRESS

Katie Kaminski, her daughter Tegan and partner Curtis de Vries can attest to the benefits of therapeutic hypothermia. Tegan was deprived of oxygen at birth and was kept in a cooling blanket for 72 hours until her condition improved. THE CANADIAN PRESS

CAMPAIGNING

City to clarify rules

Helen Pike
Metro | Calgary

Campaigning incumbents and new council hopefuls will soon know where to draw the line when crossing ward boundaries.

Administration will be crafting guidelines for councillors confused about where the line is when it comes to campaigning in or outside of their current ward boundaries. On Monday, councillors voted in favour to report back through the Ethics Advisor in September.

In the 2017 civic election, councillors will be campaigning in the redrawn Calgary ward boundaries. So far, according to many councillors, this is causing rifts already, as campaigning will happen before the next calendar year.

Coun. Ward Sutherland said similar codes are enforced in municipalities like Toronto, and are "not meant to be restrictive."

Coun. Druh Farrell said the crossover of boundaries this election are significant compared to previous elections. She added that candidates should identify themselves as such when they're door knocking outside of their sitting constituency.

"We have an issue right now," said Farrell. "I'm experiencing it, and I'd like to see some guidance on how we go forward."

On the flip side, Coun. Sean Chu said when he gives out business cards outside of his ward it's not always a campaign move.

"We are councillors no matter what, so when people ask us for business cards, what am I going to say? I'm sorry I'm not allowed to give it to you, because I'm outside my ward," Chu said.

BOOKS

Potter book release to turn Kensington into Diagon Alley

Jeremy Simes
For Metro | Calgary

Floating candles, goblets and spell-books will grace Pages Books on Sunday as they begin transforming into Diagon Alley's Flourish and Blotts, according to store manager Richard Young.

On Sunday, Kensington will morph into Diagon Alley to mark the release of J.K. Rowling's latest instalment, Harry Potter and the Cursed Child, which will be released as a play. The event will also mark Harry Potter's birthday.

Jamie Campbell, spokeswoman for the Kensington BRZ, said one local business approached the organization with the idea, later causing 24 other retailers to participate.

"I think it's important because it's a way to build a community within a community," she said. "Kensington is already like it's own Diagon Alley, and I think it's just a fun, free event for everyone to come down to."

Young said the entire staff at Pages are Potterheads, so it just made sense for them to become Flourish and Blotts.

> **Harry Potter is our jam. It was something we really wanted to be a part of.**
> Richard Young

"Harry Potter is our jam," he said. "It was something we really wanted to be a part of. We're stoked on the chance to do it justice."

Whether or not you're using floo powder to make it down, Campbell said she expects everyone to be in their best robes as there will be a costume contest.

"We're hoping that if a few thousand people attend in costume it's going to definitely add some cool atmosphere to the neighbourhood," she said.

Also bring your Nimbus 2000 — or 2001, you sly Slytherin — if you're game for quidditch because there will be that, too.

Pages Books manager Richard Young plans to go all out to transform the shop into Flourish and Blotts. JEREMY SIMES/FOR METRO

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2012 FORD F150 — $189/BW OR $21,888

2012 CHRYSLER 300C — WAS $29,995 NOW $24,888

2005 HONDA ACCORD — ONLY $5,995

2015 JEEP GRAND CHEROKEE — SALE PRICE $44,888

2014 SUBARU CROSSTREK — ONLY 29,000 KM'S — ONLY $22,888

2016 JEEP CHEROKEE — ONLY 13,515 KM'S — $189/BW OR $25,888

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2015 FORD F150 — SALE PRICE $37,988

2015 KIA SORENTO — $178/BW OR $28,888

2016 FORD ESCAPE — 2016! — $189/BW OR $29,888

2014 2014 RAM 1500 — SALE PRICE $25,995

2013 JEEP GRAND CHEROKEE — SALE PRICE $34,888

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Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Ottawa residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from a coffee shop, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building where he had been living since arriving in Ottawa from Somalia in 2009.

Neighbours — many of them friends and family— then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, right, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

Nimao Ali, friend of the family, called Abdi a "beautiful soul."

A 27-minute video recorded by a neighbour who lived upstairs has been published online, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

WITH FILES FROM JOE LOFARO

SOCIAL MEDIA

Police face backlash

Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident — which is being investigated by Ontario's Special Investigations Unit (SIU), a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police — has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaultive."

The SIU has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It investigated 266 cases across the province in the 2014-2015 fiscal year and criminal charges were laid in 13 cases, a rate of 4.9 per cent.

BACKLASH

Parties calling for Phoenix hearing

As the feds were scrambling to make sure hundreds of civil servants get paid this week, the opposition parties joined forces Monday to call for emergency hearings into the government's problem-plagued new payroll system.

Newly released documents from one of the government's biggest departments show that questions about "critical defects" in the so-called Phoenix system were going unanswered weeks before its scheduled launch.

Both the Conservatives and New Democrats demanded the government operations committee be recalled to talk about how Phoenix has resulted in tens of thousands of civil servants being improperly paid — or not paid at all.

Even though a Conservative MP heads the committee, the opposition parties were one member shy of forcing a meeting without the help of the Liberals.

Prime Minister Justin Trudeau said last week that the clerk of the Privy Council, which advises him and his cabinet on government operations, would head up efforts to fix the system, which has left more than 80,000 civil servants facing pay issues.

That figure includes 720 government employees who haven't received paycheques at all, in some cases for months, forcing many to borrow money or max out credit cards to pay their bills.

The government has promised nearly 500 of those employees that they would receive paycheques by this Wednesday, but acknowledged fixing the issue could take months.

THE CANADIAN PRESS

IN BRIEF

Ontario making a painkiller move
Ontario will be the first province to stop paying for high doses of long-acting opioids as part of a push to reduce the problem of addiction in the province. The Ministry of Health said that in 2017, high doses of painkillers will be removed from the Ontario Drug Benefit Formulary, which covers the cost for people 65 and older. THE CANADIAN PRESS

Conference to put the focus on digital justice
Judges, lawyers, legislators and law enforcement officials from around the world are meeting in Halifax to discuss the challenges of delivering justice in the digital age. Members of the International Society for the Reform of Criminal Law say they'll tackle issues such as cyberstalking, cyberbullying and Internet luring at their annual conference. THE CANADIAN PRESS

Hunter Tootoo resigned from the cabinet in May and left the Liberal caucus to seek treatment for alcohol addiction.
DARRYL DYCK/THE CANADIAN PRESS

Tootoo completes program

ALCOHOL

Former Grit minister left cabinet in May to seek help

Former cabinet minister and Liberal MP Hunter Tootoo has completed his treatment for alcohol addiction, his office said in a statement Monday.

Tootoo, who left the Liberal caucus two months ago, has scheduled a news conference and open house Wednesday at his constituency office in Iqaluit.

"After completing my treatment for alcohol addiction, I wish to invite my constituents to an open house where I will be available to address their concerns as I resume my duties as their member of Parliament," the statement said.

Tootoo has remained out of the public eye since he abruptly resigned as fisheries minister at the end of May to seek treatment for a drinking problem.

At the time, Prime Minister Justin Trudeau said Tootoo left the Liberal cabinet and caucus of his own accord amid a "very difficult situation," but he would not elaborate on details of what happened.

On Monday, officials in the Prime Minister's Office declined to comment on Tootoo's anticipated return to work.

LEBLANC'S PITCH

- In June, LeBlanc seemed to make a public pitch to stay on at fisheries during a speech at a World Oceans Day summit.
- "I was humbled but also excited by the opportunity it presents me and — you'll forgive me for saying this at the beginning of my mandate — to follow in the footsteps of my father who held not an identical job but a similar job over 30 years ago," he said.

Alcohol has long impacted the lives of members of Tootoo's family, who are well known in Nunavut.

Terence Tootoo, a rising hockey star, was 22 when he died by suicide in Brandon, Man., 14 years ago in the wake of a drunk driving incident. His brother, 33-year-old NHL forward Jordin Tootoo, also wrote about his battle with alcohol, including a visit to rehab, in his 2014 book, "All the Way: My Life on Ice."

Government House leader Dominic LeBlanc, who assumed Tootoo's responsibilities on the fisheries file, has since juggled both his file and Tootoo's, prompting speculation about the need for cabinet changes due to the size of the portfolios. THE CANADIAN PRESS

EXPENSE CLAIMS

Senate to claw back Mike Duffy's salary

Sen. Mike Duffy is going to find his Senate paycheque will soon be a little lighter.

The Senate is going to start clawing back Duffy's salary after the Prince Edward Island senator refused to repay almost $17,000 in disputed expense claims before Saturday's deadline.

A spokeswoman for Sen. Leo Housakos, chairman of the upper chamber's internal economy committee, says the Senate must now garnishee Duffy's salary under the dispute resolution policy set up in response to the auditor general's audit.

Jacqui Delaney says the details of how much will be clawed back, and for how long, are still being worked out.

Duffy was not immediately available for comment Monday.

The Senate decided last month that it wanted the money back after taking a second look at seven claims totalling $16,995. Senate officials said the action came about because of new information that "had surfaced in the public domain" during Duffy's criminal trial.

Duffy's lawyer told the Senate that the one-time Conservative senator's spending was given the all-clear by an Ontario Court judge earlier this year when Duffy was acquitted of 31 criminal charges.

Lawyer Donald Bayne also said Duffy didn't want to take part in the arbitration process because he does not want to "legitimize" a process that is an "attack" on the judge's verdict. THE CANADIAN PRESS

Sen. Mike Duffy
ADRIAN WYLD/THE CANADIAN PRESS

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Democrats try to quell discord

CONVENTION

Big names go to bat for Clinton as outrage over emails persists

Hillary Clinton's campaign joined forces with former primary rival Bernie Sanders and some of his supporters Monday in a scramble to tamp down a fresh burst of party disunity and give an upbeat tone to the opening night of the Democratic convention.

Sanders, one of the night's featured speakers, sent urgent messages to his backers urging them to avoid protests on the convention floor.

First lady Michelle Obama made her first appearance of the presidential campaign. She offered an unequivocal endorsement, saying Clinton "never buckles under pressure" and "didn't get angry or disillusioned" after losing to Barack in the 2008 Democratic primary.

Obama added that Clinton is advancing the cause for women so "all our sons and daughters now take for granted that a woman can be president," linking Clinton to Barack's tenure as the first black president.

Massachusetts Sen. Elizabeth Warren, a favourite of liberals and one of the party's toughest critics of Republican Donald Trump, also took the stage.

Warren offered a harsh assessment of an economy that she says is tilted against working people.

"There's lots of wealth in America," she said, but "it isn't trickling down to families like yours." Instead, the "system is rigged" as "Americans bust their tails" while "wages stay flat."

She says Congress works fine when corporations and the wealthy seek tax breaks. But, she says, "try to do something for working people" and the "gridlock" ensues.

Clinton's campaign hoped the line-up would overshadow a tumultuous start to the convention. The release of hacked emails revealed the Democratic National Committee had favoured Clinton over Sanders, despite vows of neutrality. The uproar led to the forced resignation of party chair Debbie Wasserman Schultz.

While her ouster was a major victory for Sanders, it wasn't enough to ease the frustration of his supporters. Chants of "Bernie" echoed through the arena, and boos could be heard when Clinton's name was raised.

THE ASSOCIATED PRESS

SPEAKERS SCHEDULE

Monday: United Together
Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families
Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon Martin's mothers

Wednesday: Working Together
President Barack Obama and Vice-President Joe Biden

Thursday: Stronger Together
Hillary Clinton and Chelsea Clinton

First lady Michelle Obama delivers remarks on the first day of the Democratic National Convention at the Wells Fargo Center on Monday in Philadelphia. AARON P. BERNSTEIN/GETTY IMAGES

JAPAN

Over a dozen killed in knife attack just outside of Tokyo

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was happening at the facility in the city of Sagamihara, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagamihara said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagamihara City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths.

NHK reported the suspect, 26, is a former employee at the facility, Tsukui Yamayuriien. Another broadcaster, NTV, said he broke into the facility by smashing a window with a hammer, and that he was upset because he had been fired, but that could not be independently confirmed.

Emergency crews work outside a facility where many were killed in a knife attack near Tokyo on Tuesday. KYODO NEWS/THE ASSOCIATED PRESS

Television footage showed a number of ambulances parked outside the facility, with medical and other rescue workers running in and out.

Mass killings are relatively rare in Japan, which has extremely strict gun-control laws. In 2008, seven people were killed by a man who slammed a truck into a crowd of people in central Tokyo's Akihabara electronics district and then stabbed passers-by.

Fourteen were injured in 2010 by an unemployed man who stabbed and beat up passengers on two public buses outside a Japanese train station in Ibaraki Prefecture, about 40 kilometres northeast of Tokyo.

THE ASSOCIATED PRESS

CRIME IN U.S.

Man gets 15 years for trying to join Daesh
A federal judge on Monday sentenced a California man to 15 years in prison for trying to join Daesh in Syria, calling his conduct a serious threat and saying it was influenced by his abusive childhood and history of mental problems.

Adam Dandach, 22, was also ordered to undergo supervised release for the rest of his life after he pleaded guilty last year to trying to provide material support to a terror group and lying on his passport application.

THE ASSOCIATED PRESS

Sex offender sentenced for stealing identity
A Texas man whose life was ruined by a child sex offender who stole his identity has seen his impostor sentenced.

Marcus Calvillo can now begin to repair the havoc left from a decades-long ordeal that prosecutors call one of the most devastating identity theft cases they've seen.

Fernando Neave-Ceniceros was sentenced Monday to a year and a day. THE ASSOCIATED PRESS

FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stef'an Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a swimsuit-themed party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

Florida is again reeling from a mass shooting at a nightclub, but instead of being committed by a terrorist spouting Islamist ideology, this rampage may have started with an argument over a rap performance.

Gov. Rick Scott said gun laws are not to blame: "The Second Amendment has never shot anybody. The evil did this."

Security guard Brandy Mclaughlin said she saw someone with a semi-automatic rifle open fire. "The rapper was upset, someone not being able to perform," she said. "It wasn't targeted, terrorist or gays, or anything like that. It wasn't a black or white situation. It was an idiot. An idiot with a firearm."

THE ASSOCIATED PRESS

Dave Allen, left, and Ryan Caviness pray for the victims in Fort Myers, Fla., on Monday. LYNNE SLADKY/THE ASSOCIATED PRESS

A policeman stands behind a tape in Ansbach, Germany, near the site where a failed asylum-seeker from Syria blew himself up and wounded 15 people Sunday at the entrance to an open-air music festival. KARL-JOSEF HILDENBRAND/DPA VIA THE ASSOCIATED PRESS

Merkel on defence

REFUGEE CRISIS

Violent attacks leave German leader fending off criticism

Four attacks in a week — three of them carried out by asylum seekers — have left Germany on edge and Chancellor Angela Merkel's policies of welcoming refugees under renewed criticism.

Anxiety over Germany's ability to cope with last year's flood of more than 1 million registered asylum seekers first surged following a series of sexual assaults and robberies in Cologne during New Year celebrations.

But in the last seven days, the violence has become even more deadly.

The unprecedented bloodshed began July 18, when a 17-year-old from Afghanistan wielding an axe attacked people on a train near Wuerzburg, wounding five people before he was shot to death by police. Daesh claimed responsibility.

On Sunday, a 21-year-old Syrian used a machete to kill a 45-year-old Polish woman in the southern city of Reutlingen. Authorities said assailant and victim knew each other from working in the same restaurant, and the incident was not related to terrorism.

Also Sunday, a 27-year-old Syrian who was denied asylum detonated a backpack of explosives and shrapnel at the entrance to an outdoor music festival in Ansbach, killing himself and wounding 15 people. Daesh claimed responsibility, and German security officials said a video on the attacker's phone shows him pledging allegiance to the extremists.

The deadliest attack came Friday night in Munich. The German-born, 18-year-old son of Iranian asylum seekers went on a shooting spree and killed nine people.

The youth had obsessively researched mass shootings, and authorities said the attack does not appear to be linked to Islamic extremists.

Interior Minister Thomas de Maiziere said most asylum seekers come to Germany to escape persecution, and it was important to remember that only a tiny minority had links to terrorism. It would be wrong, he told the Funke newspaper group, to put all of them under "general suspicion, even if there are investigations in individual cases."

Asked how similar attacks could best be prevented, de Maiziere said it was important to ensure that new arrivals be well-integrated quickly into German society.

"Good integration policy is always preventive security policy as well," he said.

THE ASSOCIATED PRESS

> **Good integration policy is always preventive security policy as well.**
> German Interior Minister Thomas de Maiziere

FREEDOM OF EXPRESSION

Turkey to detain journalists

Turkey on Monday issued warrants for the detention of 42 journalists suspected of links to the alleged organizers of a failed military uprising, intensifying concerns that a sweeping crackdown on alleged coup plotters could target media.

While the Turkish government said it is investigating the journalists for possible criminal conduct rather than reporting, critics warned a state of emergency imposed after the July 15 coup attempt poses a threat to freedom of expression.

"We fear there will be a witch hunt which would include journalists known as 'critical' against the government. Because they are putting all journalists into one bag," said Ahmet Abakay, president of the Progressive Journalists' Association, based in Ankara.

There were concerns about media freedom in Turkey well before the coup attempt. The government has prosecuted Kurdish journalists for alleged links to Kurdish rebels. Since the coup attempt, the government has blocked 20 websites, including those of six news outlets and two television channels.

THE ASSOCIATED PRESS

13,000

Number of detainees taken from military, judiciary and other institutions after the Turkish uprising.

IN BRIEF

Pokémon Go gamer shoots gunman, both injured

A gunman and underage driver tried to rob people playing Pokémon Go when one of the players pulled out his own gun at a Las Vegas park. Police said the incident left both the player and would-be robber with non-life threatening injuries. Charges are expected against the suspect and the juvenile who was driving the SUV. THE ASSOCIATED PRESS

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Clothes defy gender rules

APPAREL

Parents launch firms to break stereotypes in kids' clothing

Pink for girls. Truck motifs for boys. A growing number of parents want to get outside those parameters when it comes to dressing their kids.

For parents looking for clothes that defy gender norms, the options for back-to-school shopping are still limited — but they're growing. Some big retailers like Lands' End and Zara are making small changes to their offerings, while some frustrated parents have launched their own companies to make the items they wanted to find.

"There is really a sharp divide between what is considered girls' stuff and what's considered boys' stuff," said Courtney Hartman. She started Seattle-based Jessy & Jack, a collection of unisex T-shirts for kids that have robots and dinosaurs, and Free to Be Kids, where a shirt with the slogan, I'm a Cat Guy comes in blue, grey and yellow.

Courtney Hartman, who owns Jessy & Jack, poses with her children as they wear her company's gender-neutral clothing in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

Companies like Jessy & Jack and a collection called Princess Awesome, where dresses have trains and planes, are among nearly 20 online brands that formed a campaign called Clothes Without Limits last year that they're reprising for the back-to-school season. Still, many of the items are not cheap — T-shirts at $20 can be pricey for growing kids.

Bigger companies are offering some options, after similar shifts in the toy and bedding aisles to more neutral signs and products. Lands' End launched a line of science T-shirts two years ago after a customer complained on social media that there was only one version for boys. As part of its new Cat & Jack brand of children's clothing that kids helped design, Target offers unisex-fit T-shirts online with slogans like, Smart & Strong and Future Astronaut.

And fast-fashion chain Zara launched a collection in March for teens and older called Ungendered under its TRF line, which focuses on basics like T-shirts, sweatshirts and jeans. Experts and parents also notice that some images like dinosaurs are popping up on girls' clothing under the Boden brand and others.

More has changed for girls' clothes than for boys, but the vast majority of children's clothing is still gender-specific, says Marshal Cohen, chief industry analyst at market research group NPD Group Inc.

A good portion of children's clothing buyers are grandparents who tend to embrace more traditional ideas, says Cohen, who doesn't expect large-scale change until the next generation starts having children.

THE ASSOCIATED PRESS

REAL ESTATE

B.C. to tax foreign buyers

Foreign nationals who buy real estate in Metro Vancouver would pay an additional property transfer tax of 15 per cent under legislation introduced Monday by the British Columbia government.

Finance Minister Mike de Jong unveiled the tax as part of legislation aimed at addressing low vacancy rates and high real estate prices in southern B.C.

"For example, the additional tax on the purchase of a home selling for $2 million to a foreign national will amount to an additional $300,000," de Jong told the legislature.

The additional tax will take effect Aug. 2 and apply to foreign buyers registering the purchase of residential homes in Metro Vancouver, excluding treaty lands in the Tsawwassen First Nation.

All purchasers in the province currently pay a one per cent tax on the first $200,000 of their purchase, two per cent on the remaining value up to $2 million and three per cent on the portion above that.

THE CANADIAN PRESS

FOOD TRENDS

Canadians drawn to artisanal shops serving new flavours

When Rosanne Tripathy and her sister opened their specialty doughnut shop, Jelly Modern Doughnuts, in Calgary more than five years ago, there weren't many fried-dough slingers selling upscale confections with new-fangled flavours like crème brûlée or s'mores.

But what Tripathy claims on her site is "the country's original gourmet doughnut bakery café" is now just one among myriad artisanal shops serving up the tasty pastries to Canadians in what has recently become an increasingly crowded field.

Last year, Canadians ate more than 521 million doughnuts — 10 per cent more than the previous year, said Robert Carter, executive director of food service at NPD Group Inc., a market information and advisory service. He chalks up part of the item's rising popularity to a widening consumer interest in healthy eating. As people are increasingly drawn to eating foods with greater health benefits, he said, they're allowing themselves more leeway for quality sinful snacks, including the doughnut.

Yet another boost for the doughnut is our love affair with caffeine. "Obviously, the best complement to that is a baked good," he said. THE CANADIAN PRESS

SuzyQ Doughnuts CP

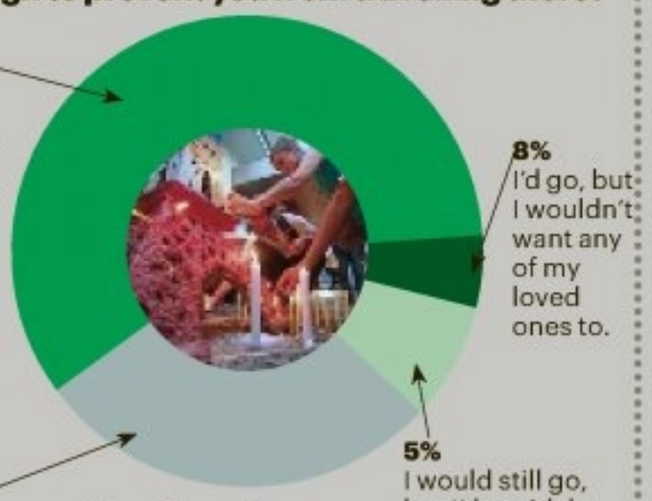
metro VIEWS
Your essential daily news
Tuesday, July 26, 2016

METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?



WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

These subjects are hereby banned in planning talks

KLASZUS' CALGARY

Jeremy Klaszus

When we talk about Calgary's future, whether it's transit routes, secondary suites or a new hockey arena, we should focus on the subject at hand.

Unfortunately, as a city, we're a little shaky on this. Our civic debates have a tendency to get clouded by divisive distractions. We saw it again last week, at a marathon city council committee meeting on the contentious southwest bus rapid transit (BRT).

Eighty speakers from the public had their say, and while most focused on the issue on the table, there were some diversions, too.

This isn't a problem limited to this one issue. It's a pattern found elsewhere.

So here, as a public service, is a list of things that are not relevant or particularly helpful when talking about city-planning matters such as transit, housing and redevelopment.

No. 1: How much property tax you personally pay. This became a refrain at last week's BRT meeting: I've paid taxes. I've paid a LOT of taxes. OK, but that's just part of owning a home. A big tax bill doesn't entitle anyone to more say and influence than those who pay less property tax, or don't pay any because they happen to rent.

Your importance as a citizen is not tied to the size of your tax bill.

There's a place for robust discussion of property taxes, but a debate on a planning issue is not that place.

No. 2: Charitable involvement. This is a peculiar one. It's been invoked by everyone from boosters of a new Calgary Flames arena (after all the Flames have done for our community, we're obliged to give them what they want!) to citizens opposed to projects in their neighbourhoods (I'm a good person, really!).

However, there's no need to bring up charitable involvement in the context of a planning discussion. It's simply not relevant — unless, perhaps, you're seeking to extend your philanthropy by supporting things like transit equity and housing choice, which create more opportunities for more people.

No. 3: Length of residence. This comes up repeatedly: I've lived here for X number of years, and bought my home expecting my neighbourhood to stay the same. Therefore, it should stay the way I like it.

In reality, newcomers have the same rights and say as lifelong Calgarians.

Longtime residents have local knowledge that, used constructively, can guide planning decisions for the better. But when years of experience in a neighbourhood are used to keep others out and away, as is all too common in Calgary of late, something's awry.

It's a misuse of experience that could make the city better for all.

Besides, anyone who's lived here for decades should be well steeped in the old-fashioned western hospitality everyone likes to talk about. Who better to demonstrate this famed generosity and warmth than longtime Calgarians?

A little more of that, please.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

Minority Report: Life as a non-white touring musician is tense in 2016

Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time where race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year where racially and sexually charged crimes are in the headlines nearly every week and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

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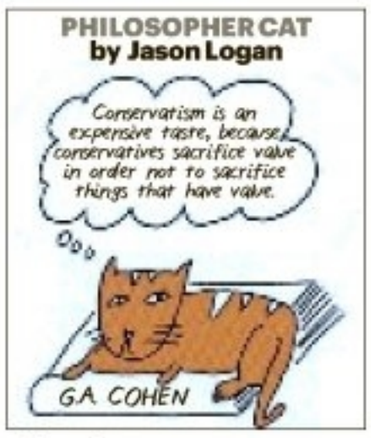

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metro LIFE

Your essential daily news

Canadian YouTube sensation Lilly Singh to publish debut book How to Be a Bawse in spring

The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada

Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

> **I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.**
> Jennifer Harrison, parent

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

- **4-12 months** 12-16 hours
- **1-2 years** 11-14 hours
- **3-5 years** 10-13 hours
- **6-12 years** 9-12 hours
- **13-18 years** 8-10 hours

RESEARCH

Disordered eating rates remain high among LGBTQ youth

Gay, lesbian and bisexual youth are continuing to purge, fast or take diet pills to lose weight while rates for such behaviour among heterosexuals have decreased, a University of British Columbia study says.

"Our study has found that it's only getting worse for lesbian and bisexual girls," said lead researcher Ryan Watson, a postdoctoral fellow at the university's school of nursing.

The research involved 26,000 students in Massachusetts, but the results for the Grades 9 to 12 students are the same as an even larger and yet-to-be published British Columbia survey among students in Grades 7 to 12.

The Massachusetts study, based on data collected between 1999 and 2013, was published this week in the International Journal of Eating Disorders.

Watson said Massachusetts is one of the few states that since 1991 has asked youth about sexual orientation as part of its regular surveys on adolescents.

The study said that in 2013, lesbians were twice as likely to report purging and fasting than they were in 1999. For that year, the prevalence of purging among bisexual girls, at 33 per cent, was higher than for lesbians, at 22 per cent, but stayed nearly the same in 2013, when it jumped to 36 per cent for lesbians girls.

In comparison, eight per cent of heterosexual girls reported purging in 1999, but the rate went down to five per cent in 2013. Heterosexual boys had the lowest rates of the behaviour, and it declined further over the years.

Watson said it's not known why there's such a disparity among the different groups of youth, but it's clear that sexual minority kids need targeted programs. He said the research suggests healthy eating and body-image programs that seem to be working for straight youth haven't reached lesbian, gay and bisexual kids.

The students were asked about their weight loss behaviour over the last 30 days, and their "disordered eating" did not suggest they had an eating disorder but they could be at a high risk in the future, said University of B.C. nursing Prof. Elizabeth Saewyc, the study's senior author.

She said better supports are needed for sexual minority youth, especially lesbians and bisexual girls when it comes to developing positive body image and healthy eating choices.

33%

According to a Massachusetts, the prevalence of purging among bisexual girls in 2013 was 33 per cent. Among lesbians that rate was 36 per cent.

Dr. Pei-Yoong Lam, a pediatrician in the eating disorders program at BC Children's Hospital, said the study creates more awareness about the impact of sexual identity on eating disorders. "Kids who are lesbian, gay or bisexual or transgender are at risk of various conditions, particularly mental health conditions such as depression and anxiety. There also tend to be more risk-taking behaviours in this population and it really is about the support that they receive in the community."

THE CANADIAN PRESS

Love in the time of playing Pokémon Go

Brandon Yaghobi, 22, was searching for Pokémon when he met a mystery girl who caught his eye. They went their separate ways before he could get her name or number, so he posted a missed connection on Craigslist. MARCUS OLENIUK/TORSTAR

TREND

If you look up from your phone, you may find a date

Of all the "Pokéstops" in all the towns in all the world, she had to walk into his.

Brandon Yaghobi, a 22-year-old college student, was looking for Pokémon with the new hit smartphone app, but may have found a real catch instead.

He met a young blond woman outside the Parliament St. branch of Toronto Public Library, where another gamer had left some virtual bait known as a lure.

"Are you playing Pokémon, too?" Yaghobi asked her. For 20 minutes, they chatted about everything and nothing: work, their neighbourhoods, the Pokémon they had and those they wanted. They stopped talking only to nab the digital creatures that flashed on their cellphone screens. The two went their separate ways before Yaghobi thought to ask for her number.

"I hope I see you again," he called out to her after she started walking away.

"And she just like turned around and smiled, and then I'm like, 'Damn.' Should've got her name, should've got her number, should've got something, you know?"

The same night, Yaghobi tried to reach out to her by posting a missed connection on Craigslist, the online equivalent of sending a message in a bottle. "You offered me an Ice Cream Bar.. I was too shy to make a move.. Maybe we can go hunt some Pokemon sometime?" he wrote.

Alas, he hasn't heard from her.

Unbeknown to Yaghobi, he wasn't the only Pokémon Goer searching for the one that got away. Gamers who — in the words of one Pokémon-related missed connection — were struck by "cupid's Pokéball" have posted personals ads on the popular classifieds site in major North American cities, from coast to coast.

Denise Marigold, a social psychologist at the University of Waterloo, says there is no clear explanation for this apparent trend. One possibility, she says, is that the rush of catching a rare Pokémon adds to the excitement of meeting someone new.

"You feel a sudden thrill and you look up and there's a cute person and you feel more of a thrill in their presence," she said.

At least one company has noticed that there's love in the air as well as Pokémon — and it's attempting to cash in. A Chicago start-up is offering to set gamers up on PokéDates. After filling out a questionnaire online, they are fixed up with someone else for free the first time and $15 for every subsequent date. Canadians will be eligible for PokéDates starting next week, a company spokesperson told the Star.

PokéDates aren't Yaghobi's style, he said. He prefers to leave things up to fate.

After last week's chance encounter, he isn't exactly optimistic about hearing from the girl at the Pokéstop. Without seeming overeager, he said it would be nice to run into her again. "I am very shy so half the time I'm like 'it's probably better if we don't meet,' " he said.

TORSTAR NEWS SERVICE

MISSED CONNECTIONS

Lovestruck Pokémon Go players are searching for the one that got away, here are a sampling of Craigslist missed connections:

Chicago, w4m (woman seeking a man), July 19: "Me: blue-eyed brunette in black. You: tall, good looking bearded guy in a plaid shirt ... I wanted to invite you to go Pokemon hunting, but was embarrassed to say it out loud."

San Francisco, m4m, July 17: "You were wearing shorts and had a backpack on, I think you also had two phones with you. Big cave legs."

New York City, w4m July 13: "I wanted to talk to you but you were so engrossed in your phone and I had to leave for work ... If you see this, come catch me at Webster Hall later ... & let's catch Pokemon together."

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INTERVIEW

Goldblum puts standup skills to test

Could a concert break out during a comedy show? Jeff Goldblum isn't ruling it out.

"I think some of it will be spontaneous, but I think they're writing me some peachy jokes.... I'll try to put my best foot forward," said the screen star ahead of his hosting gig at Just For Laughs in Montreal on Wednesday night.

"There might be a piano there, I might play a little."

When he's not working, Goldblum has a weekly engagement performing jazz at the Rockwell, a live music venue in Los Angeles.

"I play with four other very good guys, and then I do some talking, and sometimes it gets amusing," said the 63-year-old actor, who describes himself as a "humble student" of music.

"I like to make a spectacle of myself," Goldblum added, laughing. "It's probably unwise, but I like it."

Goldblum is currently starring in Independence Day: Resurgence, and is in pre-production for his upcoming role as Grandmaster in Thor: Ragnarok.

He has his share of TV credits, too, particularly in comedy, including an Emmy-nominated turn on Will and Grace, and more recent appearances on Inside Amy Schumer and Unbreakable Kimmy Schmidt starring Ellie Kemper.

Goldblum had high praise for Schumer and Kemper and remarked on how "fantastically" women have been excelling in comedy of late. "They're certainly every bit as capable in every single area ... as men are, if not highly superior. And those particular women I'm crazy about," he said of Schumer and Kemper.

Jeff Goldblum. THE CANADIAN PRESS

"I had a wonderful time working with them. They're not only wildly talented, but sweet as can be, and very, very nice and gracious. I loved it. I'd like to do more."

The actor has high hopes for more work with Canadian David Cronenberg, who directed Goldblum in The Fly, which marks its 30th anniversary this year. The duo filmed the 1986 sci-fi horror classic in Toronto, which is also the hometown of Goldblum's wife, Emilie Livingston. "I adore him and I would love to do something with him again. I had a great time back then," said Goldblum. "He's one of the wonderful, brave, artistic, original filmmakers. THE CANADIAN PRESS

GOSSIP BRIEF

30 arrested at GNR show

At least 30 people have been arrested at a Guns 'N' Roses concert in New Jersey, and they include a woman accused of assaulting police. The arrests occurred at Saturday night's show at MetLife Stadium in East Rutherford, N.J. Investigators say 30-year-old Kimberly Goodman was charged with aggravated assault against two state troopers, who received minor injuries.

THE ASSOCIATED PRESS

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits.

THE CANADIAN PRESS

During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS

> **When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy. You don't think of hot pink metallic leather. Now we do.** Gord Downie's fashion co-conspirator Izzy Camilleri

Winona Ryder is overacting every moment in the new Netflix show Stranger Things, writes Johanna Schneller. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Relax Winona, just breathe

THE SHOW: Stranger Things, Season 1, Episode 8 (Netflix)
THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out. Deep breath in, and out. In, out."

I binge-watched this series and really enjoyed it. (I wrote about it yesterday, too.) It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT.

Alas, NO.

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

Do people try for a while, hissing into their headsets, and then simply minimize the damage and move on?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

The NFL says it found no credible evidence Peyton Manning was provided with HGH or other banned substances as alleged by Al-Jazeera last year

Shapovalov sharp in front of his hometown crowd

ROGERS CUP

Canadian teen scores upset over world No. 19 Kyrgios

Denis Shapovalov might still be on Cloud Nine.

The 17-year-old Canadian upset Australia's Nick Kyrgios 7-6 (2), 3-6, 6-3 on Monday night in the first round of the Rogers Cup men's tennis tournament.

Shapovalov said afterwards that he didn't expect to win.

"On the on-court interview (after the match), this girl was interviewing me and she was asking me: 'Do you want me to pinch you?' and I said: 'Yes, please,'" Shapovalov said.

"Frankly, I actually didn't feel the pinch so I might be dreaming still."

Backed by a hometown crowd, the Richmond Hill, Ont., native took advantage of world No. 19 Kyrgios's many unforced errors on a beautiful evening that featured a light breeze at Aviva Centre.

Shapovalov, who is a wild card in the tournament, was coming off a boys' singles title win at Wimbledon earlier this month. The tournament's youngest player will face Grigor Dimitrov of Bulgaria in the second round.

The Canadian requested to play on centre court in his main draw debut because he said he loves playing on a big stage and impressing people.

"I think the atmosphere really carried me forward today," said Shapovalov, whose whole family was in attendance.

"It's tough playing the first time on centre court but by the end of the match I felt like the crowd really liked it when I was getting pumped up."

Shapovalov got the crowd going in the third set when he opened with a convincing 2-0 lead, breaking Kyrgios in the second game. Shapovalov carried that momentum into the third game, smashing his 11th ace of the match to take a 3-0 lead.

The final game went to deuce before Shapovalov smashed an ace for advantage and then had a cross-court forehand winner to take the match.

Kyrgios struggled started on the service line and the righty finished the match with 18 double faults.

"I just didn't play great, he played well," Kyrgios said. "Obviously he was excited, playing in front of his home crowd, I know what that feels like. To come off one of your biggest junior results and then play in one of your home tournaments, I know that feeling, it's great."

THE CANADIAN PRESS

Denis Shapovalov celebrates his win over Nick Kyrgios in Toronto on Monday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

MORE CANCON

- Toronto's Steven Diez downed Britain's Kyle Edmund 3-6, 6-3, 6-2 while Peter Polansky, of Thornhill, Ont., advanced following a 4-6, 6-3, 6-0 victory over American qualifier Tim Smyczek.
- Frank Dancevic, of Niagara Falls, Ont., fell 6-7 (5), 4-6 to American Sam Querrey.
- Fourth-seeded Milos Raonic of Thornhill has a bye in the first round.

DOPING SCANDAL

Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

FINA said three more swimmers were identified by World Anti-Doping Agency investigator Richard McLaren when he examined evidence that Russian government officials ordered the coverup of hundreds of doping tests. They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova.

Russia's top Olympic official, Alexander Zhukov, said that he now believes a total of 13 Russians would be ineligible due to previous doping bans.

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WOMEN'S BASKETBALL

Canadians to find out how the stack up

Before Canada's women's basketball team steps on the court at the Rio Olympics, they'll test themselves against the best in the world.

The Canadians will play the world No. 1-ranked Americans, No. 2 Australia and No. 4 France in three exhibition games this week in the U.S.

"We'll get exposed by these teams, which is great," said Canada's head coach Lisa Thomaidis. "You want that. We don't want to go in with any false sense of security that we're playing great right now, because we aren't. We're playing OK, and we're going to keep getting better as the (Olympic) tournament approaches."

The Rio-bound Canadians held their final day of practice Monday at Ryerson University's Mattamy Athletic Centre. The past few days have been a chance for Thomaidis to work

Kia Nurse GETTY IMAGES

two players back into the fold: Natalie Achonwa, a forward with the WNBA's Indiana Fever, and Kia Nurse, who returned to practice last Friday after having surgery to repair a sports hernia.

"Kia's coming back from having not played for a few months, and she's surprisingly adjusting pretty well," Thomaidis said of Nurse, who had surgery shortly after her sophomore season at Connecticut. "She's young and she's such a great athlete, it's not going to take her very long."

The 12-player roster announced in a ceremony last Friday is identical to the squad that captured gold at last summer's Pan American Games.

THE CANADIAN PRESS

IN BRIEF

Jordan takes aim at smoothing relations

Michael Jordan finally spoke out on Monday about racial tensions in America in hopes of easing conflicts between blacks and law enforcement.

The NBA great and Charlotte Hornets owner announced he is giving $1 million to the Institute for Community-Police Relations and another $1 million to the NAACP Legal Defence Fund. The aim is to help build trust following several shootings around the country.

THE ASSOCIATED PRESS

Watt out after back surgery

The Houston Texans have put star defensive end J.J. Watt on the physically unable to perform list less than a week before training camp begins.

The move, which was expected, comes after Watt recently had back surgery.

THE ASSOCIATED PRESS

Argos win first at new home

Ricky Ray threw three TD passes as the Toronto Argonauts defeated the Montreal Alouettes 30-17 for their first regular-season win at BMO Field on Monday night. The Argos (3-2) are the first East Division team to win at home this season.

THE CANADIAN PRESS

Another tip of the cap from Sanchez

MLB

Righty's superb play creating front-office conundrum

Jose Bautista slides into third in front of Yangervis Solarte's tag on Monday night. Bautista had a hit and a walk in his first game back from turf toe. STEVE RUSSELL/TORSTAR NEWS SERVICE

The Toronto Blue Jays will be making their team worse if they move Aaron Sanchez to the bullpen. Of that, there is no doubt. He is clearly more valuable pitching six to eight innings every fifth game than he is throwing one or two to preserve a lead out of the 'pen.

And there isn't a starting pitcher available on the trade market — one that the Jays have the means to acquire — that would be an upgrade on the 24-year-old right-hander who, after Monday night, owns the second-lowest ERA in the American League and has even entered the Cy Young discussion.

Aaron Sanchez GETTY IMAGES FILE

But if president Mark Shapiro and general manager Ross Atkins have enough evidence to believe that limiting Sanchez's workload is essential to keeping him healthy, that's the move they will make.

Either way, the decision is likely to come soon — maybe by Monday's trade deadline when a trade for a starting pitcher would all but guarantee Sanchez's move.

MONDAY In Toronto

4	2
BLUE JAYS	PADRES

With that decision looming, Sanchez continued to make things difficult for his bosses by throwing seven scoreless innings Monday night, pacing the Jays to a 4-2 win over the San Diego Padres, who were making their first ever visit to Toronto.

Sanchez is now at 132-1/3 innings on the season, two-thirds of an inning shy of the career high he set in 2014.

Monday was the 15th start this season in which Sanchez allowed two runs or fewer. He held the Padres to just three hits, two of them infield singles.

The front office has said there's no hard innings cap in mind with regard to Sanchez, but they are monitoring a multitude of factors to gauge whether he is showing signs of fatigue, which can be a precursor to injury. Speculation, however, is that Sanchez will be capped somewhere around the 165-inning mark, give or take. If that's the case, for him to still be useful in a bullpen role he will have to move there relatively soon.

After the game, manager John Gibbons was in no mood to talk about the issue.

"I'm not talking about that anymore," he barked. "If it happens, you'll know about it; if not, quit asking."

The man himself was more diplomatic.

"My job is to pitch for the Toronto Blue Jays and wherever that may be, that's where it's going to be," Sanchez said.

"You got to look long term with this. I'm not just here to pitch in 2016."

TORSTAR NEWS SERVICE

BLOCKBUSTER

Chapman gives Cubs playoff 'game-changer'

Before the Chicago Cubs completed a trade for Aroldis Chapman, owner Tom Ricketts and president of baseball operations Theo Epstein decided they had to hear from the closer himself about a domestic violence allegation in the off-season.

So Ricketts and Epstein asked Major League Baseball for a window to speak with the left-hander, and they got him on the phone Monday. When the conversation was over, the blockbuster deal was on.

Chasing their first World Series title since 1908, the Cubs addressed one of their few weaknesses by sending a pricey package of four players to the New York Yankees for Chapman, one of the most dominant relievers in the game, but one who also comes with some risk for a franchise riding a positive wave.

Aroldis Chapman GETTY IMAGES

"This is a game-changer. Aroldis Chapman is a game-changing-type pitcher in the post-season," Epstein said.

The Yankees' haul included top shortstop prospect Gleyber Torres, versatile pitcher Adam Warren and minor league outfielders Billy McKinney and Rashad Crawford.

THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	2	5	3	6	9	7	4	8
3	4	8	5	2	7	1	6	9
9	6	7	4	1	8	3	5	2
7	3	4	1	9	6	2	8	5
8	9	1	2	5	3	6	7	4
6	5	2	8	7	4	9	3	1
2	1	3	7	4	5	8	9	6
5	7	6	9	8	1	4	2	3
4	8	9	6	3	2	5	1	7

RECIPE Spaghetti with Pancetta and Spinach

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in
Prep time: 5
Cook time: 20
Serves: 4

Ingredients
- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

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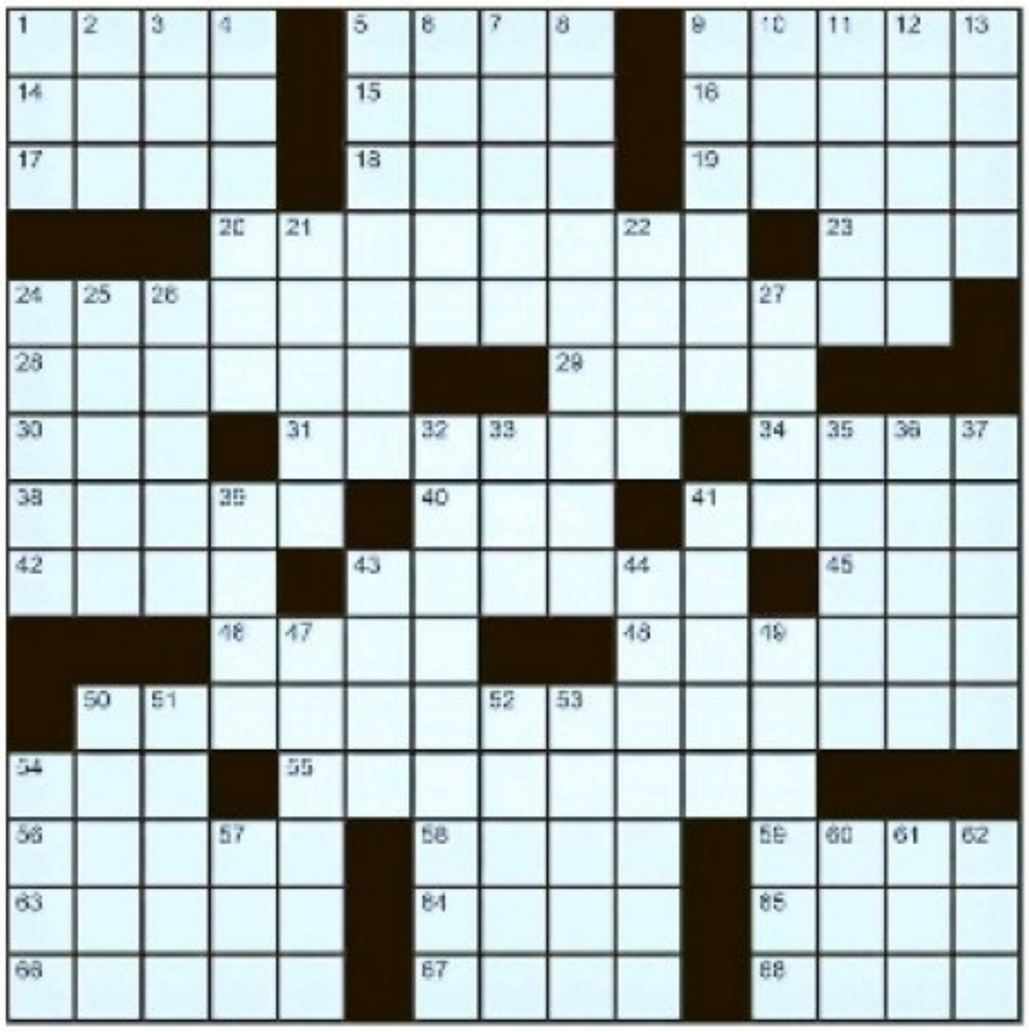
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The _ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needing cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This _ _... Then'
48. _. _ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: "Thus with a kiss _ _." - Romeo
59. Piquancy
63. Fragrant scent
64. The Beatles' Pepper, et al.
65. Eye doctor's offering
66. Dental floss-ees
67. Check
68. Landlord's intake

DOWN
1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheepdog-inspired tune: "_ My Dear"
5. Hedgehog-resembling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mix-up
12. Shrek's kin
13. Sesame _
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The _, Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's "_ _ Deep"
43. Santa Fe, _, _,
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. _ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces
Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	7	3			
		8			1			
	2			5				
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